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CIME Newsletter

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CIME Newsletter : January 2019

CIME

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As good as it gets ?

Welcome to 2019, Goodbye to 2018 – what a wonderful year for CIME. In December 2017, we thought ‘this is as good as it gets’ when HH inaugurated CIME and he spent time with us – [see the January 2018 newsletter for the article](#). But 2018 has defied expectations. The number of workshops, visitors and external income have all beaten targets by as much as 160%! Not without a lot of effort, mind you, but the effort has been worth it when we receive feedback from satisfied customers. Take these comments as an example from the Global COMPASS programme:

“Amazing innovation at CIME: BRAVO!”

“Most brilliant part to see this innovation”

“Have vital knowledge and information to share with colleagues and stakeholders”

“One of the best activities/learning”

“It was a unique experience to see the simulation models and proud to be associated with a futuristic group”

The groups, local and international on the COMPASS event, scored CIME 4.0 and 3.8 out of a maximum 4 at evaluation. This is also as good as it gets! In this edition of our newsletter at the cusp of 2018/2019 we reflect back on some of the highlights of last year.



Highlights of The Year 2018

February 2018



In February our fledgling multidisciplinary student society SPIE tentatively organised a research workshop for fellow students, taking the initiative by inviting faculty to teach in their own time. One year on, a more ambitious event was organised and students paid money and gave up their weekend to attend workshops in droves, to hear keynotes by the Vice Provost and by the Associate Dean for Research. Student empowerment at its best.

Not only did the students learn about research but they also learned events management, marketing, finance, leadership, communication, group dynamics and negotiation skills. Aga Khan University creams off the best



of Pakistani youth: their boundless energy can be harnessed in student societies such as ours and long may they prosper. With the wealth of learning resources available within CIME, we too have untapped potential and are more than willing to support our students' activities: for example in teaching school kids CPR, and in supporting groups of experienced students to mentor junior students in acquiring clinical skills through simulation.

Over 200 nursing and medical students have joined SPIE, undergraduate and post graduate, in the 18 months since its inception. No coercion, no payment, purely egalitarian motives. Wow.

March 2018

In March we welcomed SONAM skills lab into CIME. In its 35 year existence it was about to be reborn as a customized Community Learning Environment to enable students to apply principles of caring and curing in everyday situations at home. Fully equipped to facilitate the process of Briefing-Practice-Debriefing, students and our external clients will learn how to manage emergencies at home – including childbirth, cardiac, respiratory and neurological events; scalds, burns, falls; and how patients with impaired function can be assisted to cope with the the activities of daily living. [Watch this space for news of its inauguration](#). This same month we also had ‘An Interview with the Crocodile’. Ahem.



April 2018



In April we celebrated the first birth in CIME: the first of many from our prolific birthing mannequin Victoria. We now teach undergraduate students – importantly males – how to manage childbirth without fear of taboo.

Postgraduate students, midwives and externals now learn how to manage such complications as postpartum haemorrhage, shoulder dystocia and breach delivery.

In one of many collaborative events this year with external sponsors, CIME re-trained 108 doctors from across Pakistan in the basics of clinical skills.

This is a good example of a symbiosis whereby we in CIME design, deliver and quality assure educational programmes in pursuit of our mandate to be a resource for the entire nation, while reputable local organisations provide the resources, networks and finances to help in this mission.

May 2018

May's highlight was most definitely the guest column by agony aunt Doctor Charlene. We think she might make a return in 2019 by popular demand: she's just waiting to be asked.



June 2018



Dolliewood Productions had its [inaugural release in June](#), 'Simulation in Action' – now a popular movie on Facebook with over 12,000 views. Another amazing collaboration with SPIE. In case you're wondering about the name 'Dolliewood' it mirrors Hollywood, Bollywood etc.

It would be called Dollywood (as in doll = mannequin) but Dolly Parton the famous Country and Western singer has a theme park named Dollywood and we couldn't use that name.

August 2018

All this time Victoria has been birthing away in the background: in August midwives from AKU's sister hospitals were trained on how to handle birthing complications. Also [this month a major triumph!](#) Our student lockers became usable! It is a simple example but illustrates the relationship between form and function, and how one apparently innocuous element within a system can influence the functioning of the whole system.

When CIME opened in 2015, 300 student lockers were provided, each with a unique lock, and two keys. 600 keys to manage! Given that sessions change on the hour – on some occasions every hour – with students leaving and others arriving meant that keys had to be issued and returned simultaneously for dozens of students at a time. Chaos.



An impossible system heavy in manpower. The solution? Push-pad operated electronic locks. Eureka! Following competitive tendering, costing, design approval, electronics department approval and finally approval from the department of Civil and Ground Maintenance, the locks were purchased, and over the course of several months new holes were drilled in each of the lockers to accommodate the new locks.

So now, students can be in uniform as per policy; work safely in authentic uncluttered clinical environments; benefit from the raised fidelity of the learning experience thus finding it easier to transfer learning to the real situation, resulting in enhanced patient care. Who would have thought that lock design could be so important? An example of the butterfly effect.

September 2018



The [September edition](#) included an account of a successful CIME workshop presentation in SimGhosts conference, Memphis Tennessee, home to 'The King'. No – not 'The Donald', but Elvis Presley, whose life is laid opened to the world in his home, 'Graceland'.

It was a great experience, our workshop received a lot of positive feedback, and CIME compared well with the simulation centre in Tennessee University, one of the biggest in the US.

October 2018

In [October](#) we broke more new ground in CIME by having a full house of participants from across Pakistan and from East Africa for our Clinical Simulation Educators one-week course. See the fantastic testimonials for yourself on our Facebook page, and we are now convinced of the demand to offer this course every 2 months in 2019. [Sign up quickly](#) February is almost full!



The remainder of the newsletter reports on CIME's work in December. Look out for the reports on two excellent educational innovations. Firstly the 'Boot Camp' for residents: the first of its kind in Pakistan, organised in partnership with PGME. Incredible.

There is a saying in the UK – 'fail to plan, then plan to fail'. This venture had no choice but to succeed given the planning, preparation and dedication over many months to make this a runaway success for AKU's 140 new residents and interns, and a model for others to emulate. Secondly, 'Beyond the Boundaries' where a small team from CIME worked with the Mentice Company and Sanofi Pharmaceuticals to provide almost 300 cardiology interventionists with high quality simulation training in Karachi, Lahore, Islamabad and Faisalabad. CIME - a resource for the nation indeed. Some of you may have noticed that our photographs have improved over the two years of newsletter publication. Thanks to communications and marketing here in CIME who really go out of their way to capture the story through the lens, and broadcast on our webpages and social media. Essential these days in reaching potential beneficiaries of CIME. Well done.

To all our readers, live long and prosper.

Written by
Professor Charles Cocherty, Director, CIME

December 2018 News



CIME Champions in Action!

CIME organised its first Champions' Conference to promote the sharing and dissemination of the work of Champions, highlighting challenges, opportunities and future direction within this role.

When CIME opened its doors in November 2015 there was a pressing need to develop expertise in simulation education. CIME champions were identified from the Medical College, School of Nursing and Midwifery, and Nursing Education Services. A cadre of 10 were supported to attend a week-long workshop in North America to enrich their understanding of clinical simulation.

While day-to-day operations are performed by the core team of CIME, the Champions are expected to provide innovative ideas and develop simulation-based learning programmes within their own specialty areas, and engage in research and knowledge dissemination.

Topics were wide ranging and included a glimpse into the future for CIME, and the work of CIME 'core team'; its 'super-users' as well as its champions. Representatives from CMH Lahore Medical and Dental College; Yusra Medical & Dental College Islamabad; Isra University Hyderabad; Dow University of Health Sciences; Fatima Memorial University Lahore; and Ziauddin University also attended this conference.

Trainee Healthcare Assistants get a refresher

Healthcare assistants spend a great amount of their time providing direct care to patients. Therefore, It is essential that they practice and enhance their clinical skills before they move into the hospital. Nursing Education Services in collaboration with CIME arranged a skills enhancement session using the high fidelity simulator - SimMan 3G.

This provided the HCAs with the opportunity to work in a scenario-based simulation and to acquire the necessary attitude, skills and knowledge, and receive feedback. HCAs demonstrated high levels of learner satisfaction using the simulator as a patient in this scenario.



Enhancing skills to save lives

Boot Camp for PGME Residents and Interns



The transition from medical school to the hospital working environment is daunting for medical graduates, as most realize that there is a gap between theoretical knowledge and its practical application. Adding to this anxiety is the expectation of excellence in medical practice instilled from the very beginning of their training as they have to care for real patients and real lives: there is a worry that patients could accidentally suffer harm.

Therefore, in order to care for both the doctor and the patient it is imperative to practice through simulation which is safe and forgiving and where 'medical errors' can be learned from without the fear of harming patients.

Worldwide, simulation-based boot camps serve as a bridge between the medical school and the clinical setting and equip newly hired trainees with essential foundation knowledge, technical skills and effective communication. Acknowledging this fact Dr Syed Arish Haider, an AKU graduate joining AKU as an Intern, said:

"I became a doctor three weeks ago and I had no idea what I was getting into. I was terrified of having people's lives in my hands but after completing this Boot Camp I feel more confident when I head into the ward tomorrow".

The concept of Boot Camp is new in Pakistan and has been introduced for the first time at AKU.

The Centre for Innovation in Medical Education and Postgraduate Medical Education organised the Boot Camp for 140 new interns and residents hired at AKUH for the year 2019. It was an intense 4 days-long programme facilitated by senior residents, fellows and SPIE volunteers.

It was aimed at providing the participants with experiential learning opportunities using simulation-based education and laying a solid foundation in essential clinical skills for the unique context of AKUH.

The Boot Camp was well received and appreciated by the participants and has boosted their self-confidence. We anticipate that this will eventually lead to improved patient safety and a smooth transition for the interns and residents.

Dr Bushra Mufti, participant of Boot Camp, a graduate of Dow Medical College and joining AKU as a Paediatrics Resident, said:

"Boot Camp provided us the platform to polish our already learned skills and attain confidence in our hospital management. Thank you AKU for giving us a start with such great academics! We loved Boot Camp!"

Written by
Dr Mehak Rajani, Teaching Associate, CIME

Simulation Workshop on Management of Postpartum Haemorrhage



Postpartum haemorrhage is the leading cause of maternal deaths in Pakistan. More than 8,000 women die and about 150,000 women suffer from its complications every year. This is a high stress emergency that has to be managed quickly and effectively and hence it is difficult to teach in a real life scenario.

The Department of Obstetrics and Gynaecology in collaboration with CIME arranged a simulation workshop for residents on the management of this complication. This ensured that learners acquire the knowledge, skills, and situational awareness, through the power of simulation, so that they can manage this potentially catastrophic complication effectively in both hospital and community settings.

KIDNEYS! This workshop on nephrology disorders, hemodialysis and peritoneal hemodialysis was organised by the Department of Surgery, Urology and Nephrology section in collaboration with CIME. The aim was to provide nursing staff, working in Urology and Nephrology services, a chance to enrich their clinical skills and knowledge so that they can deliver the best quality care to patients.

Participants learned how to recognise symptoms of disequilibrium syndrome and seizure during hemodialysis, symptomatic bradycardia, and how to manage symptomatic bradycardia, and the signs of respiratory distress.



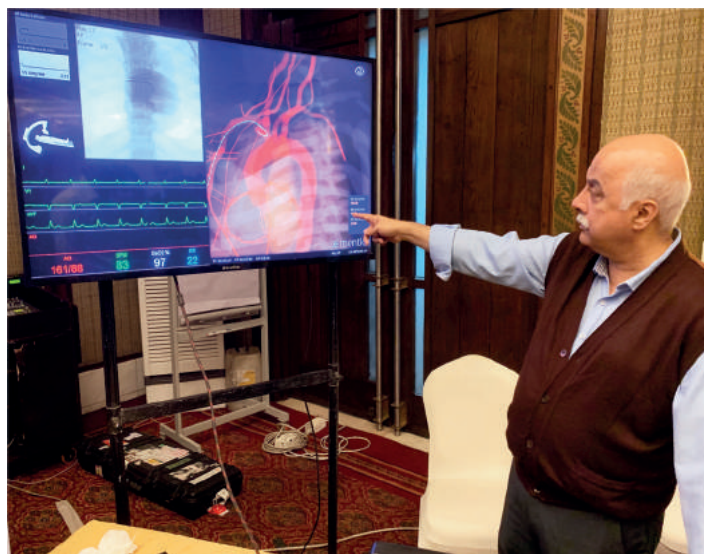
Beyond The Boundary

Cardiac Intervention Simulation Workshops

CIME in collaboration with Mentice and Sanofi Pharmaceutical Company, provided hands-on workshops teaching the latest techniques of percutaneous coronary investigation and intervention using the high fidelity simulator 'Mentice'.

Over the course of one week 270 cardiologists from Faisalabad, Islamabad, Lahore and Karachi received hands-on training in the latest cardiac interventions.

These workshops appealed to a range of participants, from novices aiming to develop a greater familiarity with angiography including basic wiring and catheter skills. It also presented a perfect opportunity for more experienced clinicians to polish their interventional skills, increase their knowledge by engaging in case scenarios with high level of complexity and risk while in the safe environment of clinical simulation.



Dr Saqib Shafi Sheikh, Professor, Mayo Hospital, Lahore



3rd Critical Care Focused Ultrasound Workshop

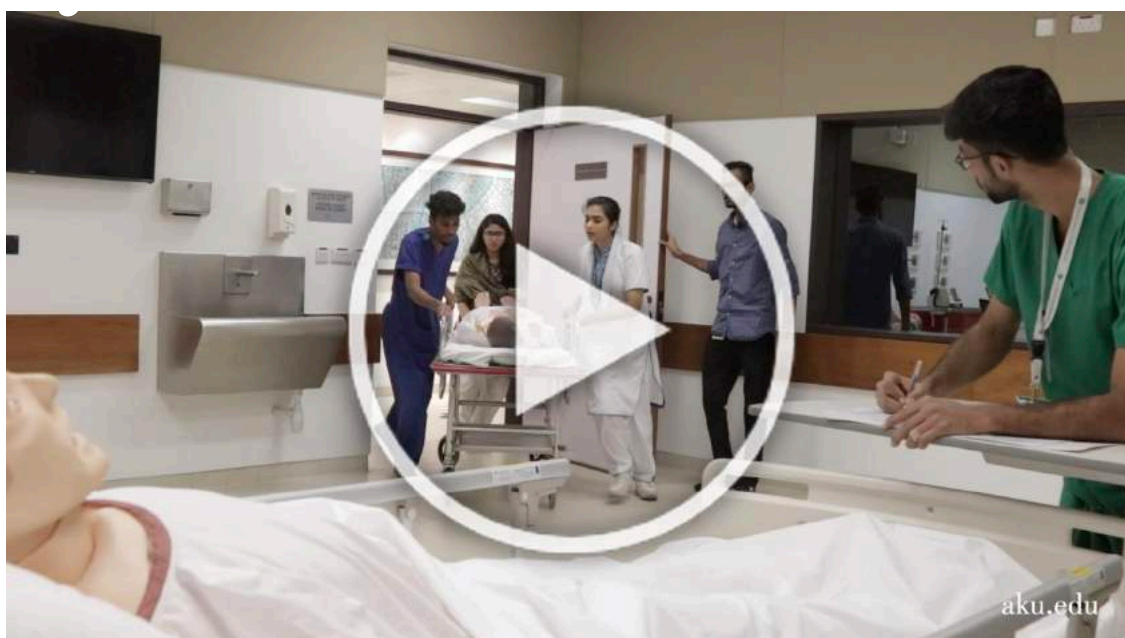
The Focused Ultrasound Examination has become increasingly recognised as a safe and valuable diagnostic tool for the bedside assessment of critically ill patients. CIME in collaboration with Department of Anaesthesiology, organised the 3rd Critical Care Focused Ultrasound Workshop.

The course aimed at providing information to physicians working in critical care areas including emergency room about this important tool that actually can help them in making rapid fact-based decisions thus improving the quality of care.

The course ensured that participants acquire the skills and knowledge needed to perform this procedure effectively. Participants were actively engaged with realistic clinical scenarios and experienced hands-on practice with high-fidelity ultrasound simulators (Vimedix and SonoSim).



Simwars Register Now! Last Few Seats



Cime's

Believe It or Not

Home Learning Enviroments



Coming Soon



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THE AGA KHAN UNIVERSITY

Organised by:
Centre for Innovation in Medical Education,
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Centre for Innovation in Medical Education Clinical Simulation Leadership Programme

May 6-7, 2019 | 8 am to 5 pm

Multipurpose Hall, CIME

Be a Leader in Clinical Simulation

Clinical simulation is a rapidly growing educational specialty and this course has been designed to meet the needs of sectors considering its adoption, integration, or expansion. It focuses on the decision making processes in relation to simulation facilities, human resources, technology, curricula and change management. It will guide senior decision-makers and stake-holders to develop a strategic plan with simulation centre-specific goals, strategies, objectives and tactics, thus, providing a critical foundation for future success.

Teaching and Learning Strategies

Participants will be actively engaged in challenging but well supported activities. Theory will be provided to the extent that it informs practice. The focus will be on acquiring knowledge of all aspects of clinical simulation and developing those qualities required to lead change, introduce clinical simulation and effectively manage a simulation centre.

Module Descriptors

This programme has 6 modules organised as follows:

- Module 1 Introduction to Clinical Simulation
- Module 2 Planning and Curriculum Integration
- Module 3 Building the Infrastructure and Designing
- Module 4 Management and Resources
- Module 5 Business and Events Management
- Module 6 Outcomes Measurement, Evaluation, Research and Innovation

Registration fee: Rs. 70,000

Credit hours will be provided on completion on this programme.

Note: Register by February 28 and get early bird rate of Rs. 50,000



Find us on:





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Centre for Innovation in Medical Education

Clinical Simulation Operators Programme

March 11-13, 2019 | 8 am to 5 pm

Multipurpose Hall, CIME

Be the mind behind the machine

The Clinical Simulation Operators Programme has been developed to address the training needs of technicians and operations personnel within simulation centres. The programme provides an insight into the range of approaches to simulation education and appropriate terminology, as well as audio-visual, biomedical, information and communications technologies. Competencies will be acquired in those roles and responsibilities of the simulation technician including scenario programming, equipment repair and maintenance, calendar/timeline management, running simulation sessions and much more.

Teaching and Learning Strategies

Participants will be actively engaged in challenging but well supported activities, in teams, to acquire a global understanding of clinical simulation as a pedagogy and as a process to be effectively managed from a technologist perspective. Theory will be provided to the extent that it informs practice. The main focus will be on participants acquiring skills and knowledge to be able to select and prepare appropriate technologies and simulators in order to allow academics and clinicians to achieve their educational objectives through clinical simulation.

Module Descriptors

This programme has 9 modules organised as follows:

- Module 1 What is clinical simulation?
- Module 2 Basic concepts of simulators
- Module 3 Technology for debriefing
- Module 4 Translating and programming scenarios
- Module 5 Troubleshooting and maintenance
- Module 6 Preparing and setup of simulated spaces and learning rooms
- Module 7 Selecting the right product
- Module 8 Innovation and development
- Module 9 Professionalism and vendor relationships

Registration fee: Rs. 20,000

Register by: February 11, 2019

Discounts available upon request



Find us on:

